



FOR IMMEDIATE RELEASE

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New Set of Healthy SC Challenge Tips Released
First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. – July 14, 2006 – The Healthy SC Challenge is the Sanford family’s effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge’s website, **www.healthysc.gov**.

Healthy Tips

Nutrition

Crash, fad or severely restricted diets frequently lead to sudden fatigue, malaise and diminished vitality. Fatigue can sabotage one’s dieting efforts in multiple ways:

- Can result in less desire and ability to engage in planned exercise
- Can result in reduced, overall “lifestyle exercise” (fidgeting and movement required as part of routine daily living)
- Can result in negative emotional responses like irritability and depressed mood that decrease resolve and motivation (i.e. it is difficult to stick to something that makes you feel bad!)

– **Ann Kulze, MD – Nationally recognized nutrition and wellness expert**

Physical Activity

Swimming is an excellent way to exercise during the summer months. There is no need to be a good swimmer to benefit from water exercise. Performing strokes such as the backstroke or even doggie paddling at the shallow or deep end of the pool still counts as aerobic exercise.

– **Discovery Health**

Tobacco

What should you do if you do smoke while you’re trying to quit? The difference between a *slip* and a *relapse* is within your control. You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying off smoking for good.

– **American Cancer Society**

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*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **www.healthysc.gov**, or contact Meghan McGuire at 803-737-2325.*